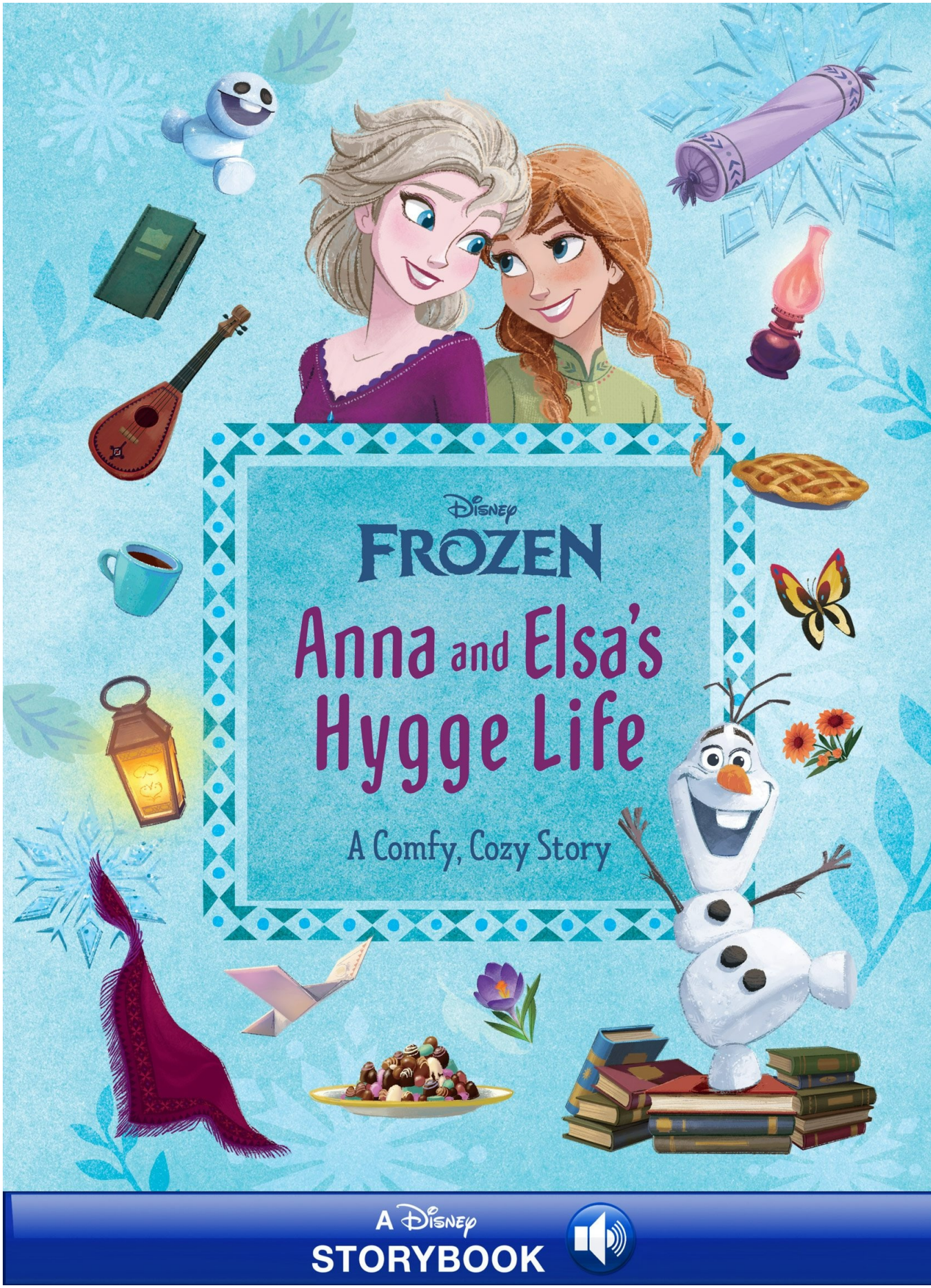
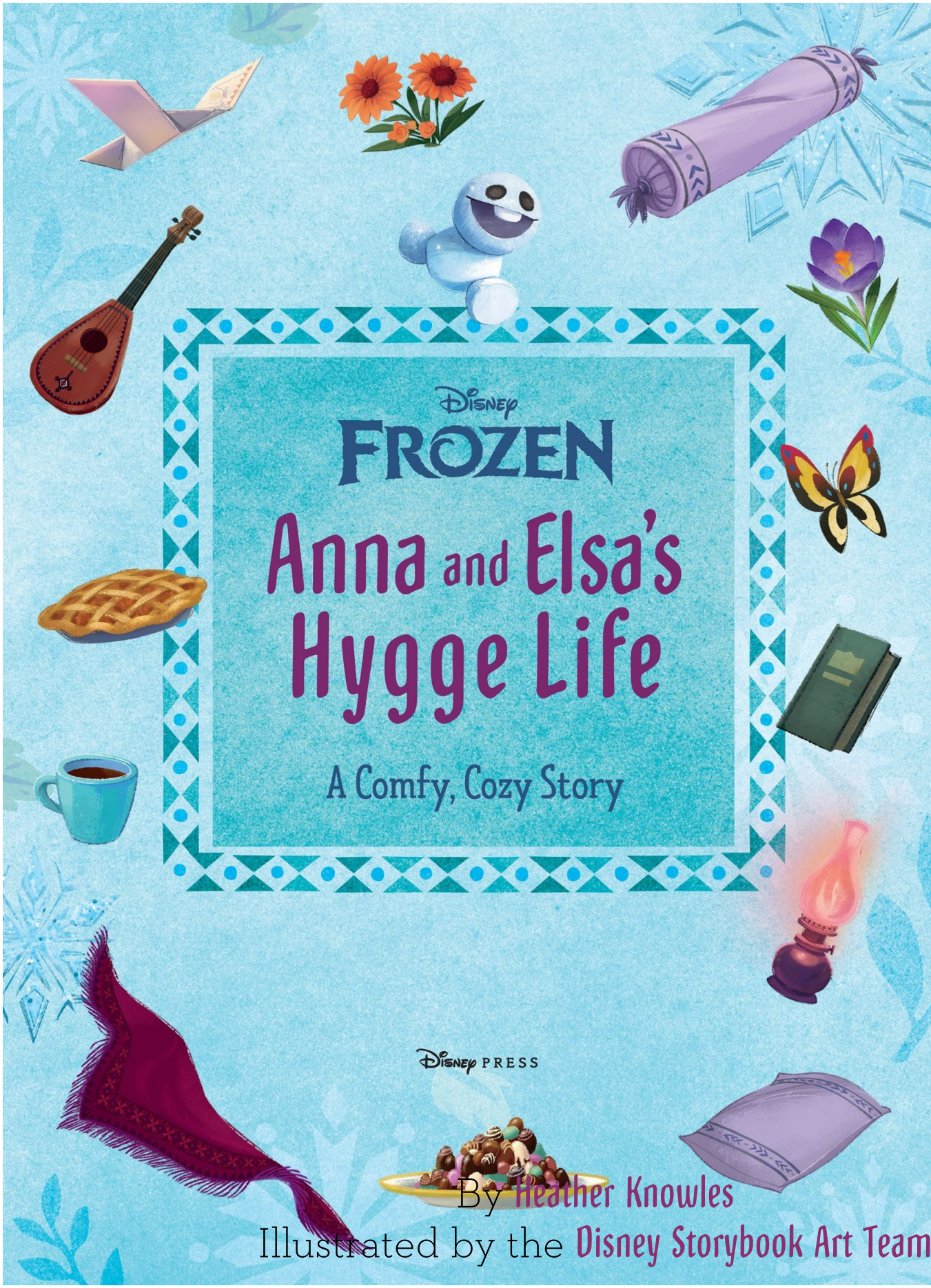

Disney
FROZEN
Anna and Elsa's Hygge Life
A Comfy, Cozy Story
A Disney
STORYBOOK


Disney
FROZEN
Anna and Elsa's Hygge Life
A Comfy, Cozy Story
Disney PRESS
By Heather Knowles
Illustrated by the Disney Storybook Art Team

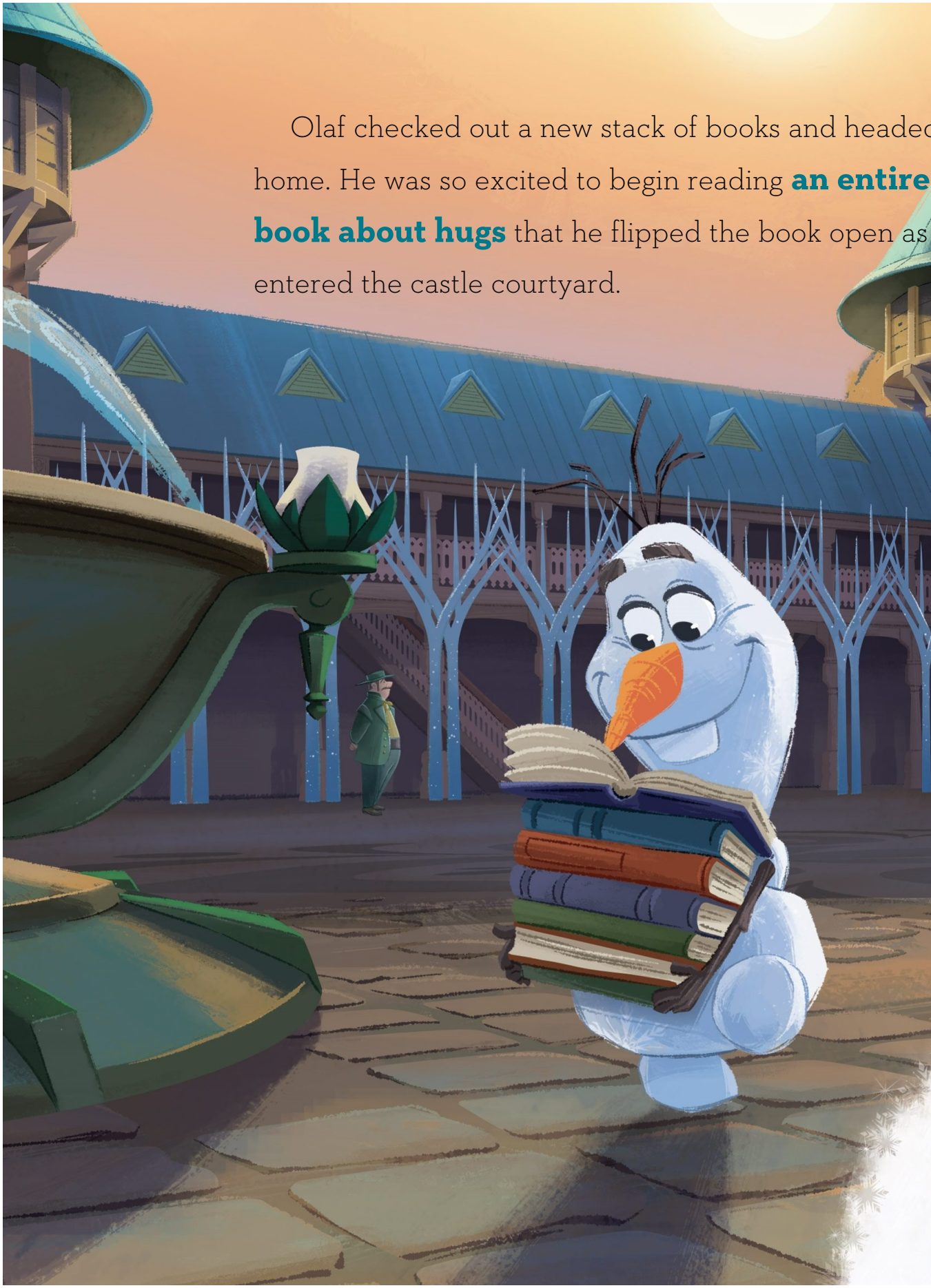
It was time for **Olaf's weekly trip to the library**.
As usual, after **returning the books** he had read, th
first thing he did was greet all the others.

“Good afternoon, books. Which one of you should I read today?” Olaf said, gazing up at the tall shelves.

The little snowman climbed up high and looked at ev
book. "I've read it. Read it. Read it. Wait . . . **what's thi**
Olaf grabbed one with a blue cover. He couldn't quite
pronounce the title, ***Hygge***, but it looked like one of his
favorite words. "Could this book be about hugs?"

He took the book to his **favorite reading nook** and opened it to the first page. But before he could start reading, Oddvar, the librarian, announced that

the library was **closing** for the day.



Olaf checked out a new stack of books and headed home. He was so excited to begin reading **an entire book about hugs** that he flipped the book open as entered the castle courtyard.

"'**Hygge** is all about being **comfortable and coz**
It is something you can share with family and friends o
experience by yourself,'" he read.

"How do you give yourself warm hugs?" Ol
said out loud. "I'll have to ask Anna and Elsa."

Later that evening, Olaf shared his book with his frien

"**It's a book about hugs!** See? It says it right there on

cover. Although I think someone spelled *hug* wrong."

Elsa smiled. “That’s not *hug*, Olaf, it’s *hygge*. It’s the fe

of **warmth and contentment** that you get on the ins

when you do certain things. But some people think that t

word *hygge* comes from *hug*."

"Huge-got-what-now?" Olaf asked.

"Hue-guh," Anna said slowly. "I get a **hyggeligt** fee
whenever I put on big fuzzy socks."

"I always get a **sense of hygge** when I buy things for people that I know they will **love**," Kristoff said. "Like when I gave Anna a **box of chocolates** the other day."

Elsa's eyes widened. "Do you have any left?" she whispered to her sister.

"I just might," Anna answered.

"To know Kristoff thought of me and bought me the chocolates **just because he loves me** filled me with happiness. Even after I ate too many of them and my st was a bit upset, I was still **hyggeligt**, or **filled with contentment**, for the rest of the day," Anna said, laug

"For me, my earliest memory of experiencing hygge was **spending time with Mother and Father**.

"I loved listening to their stories, and they enjoyed hearing our stories, too," Anna said. "The **joy** we shared those moments together as a family was hygge."

"And listening to Mother **sing** always made me feel wa
and content," Elsa said. "To this day, **wearing her shaw
singing the same songs brings back that hyggeligt fee

"**Singing** is part of hygge for me, too," Kristoff said. "Sven and I used to sing a lot together in the barn before we met you guys. That and the **smell of hay**, the **crunch of carrots**, and the **jingling of reindeer bells** all make me relaxed and happy."

"And I love when we sing with your **troll family**," A
said. "Since the moment I first met them, I've felt nothin
but **comfortable and welcomed**. Being with them
always makes me feel hyggeligt."

"I felt **warm and excited** when I met them,

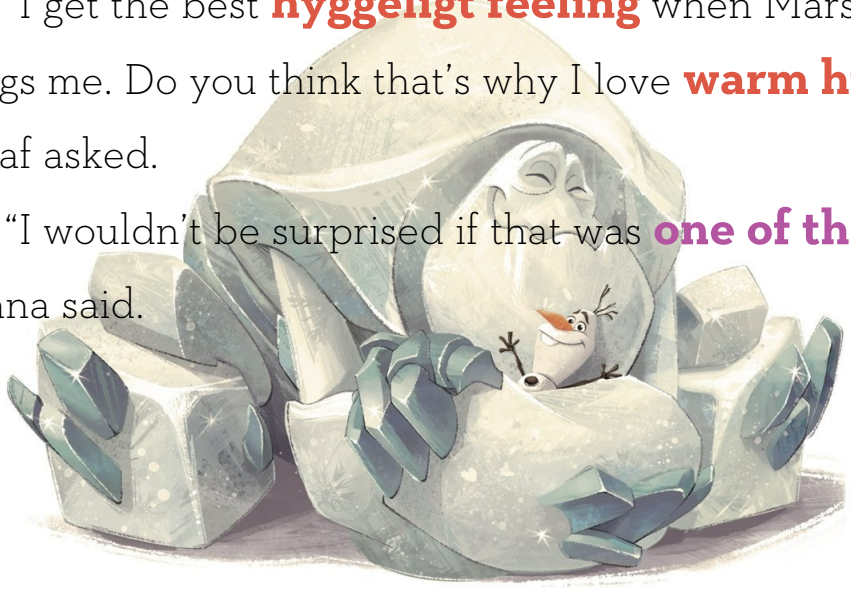
too," said Olaf. "I just didn't know those feelings had such a **special** name."

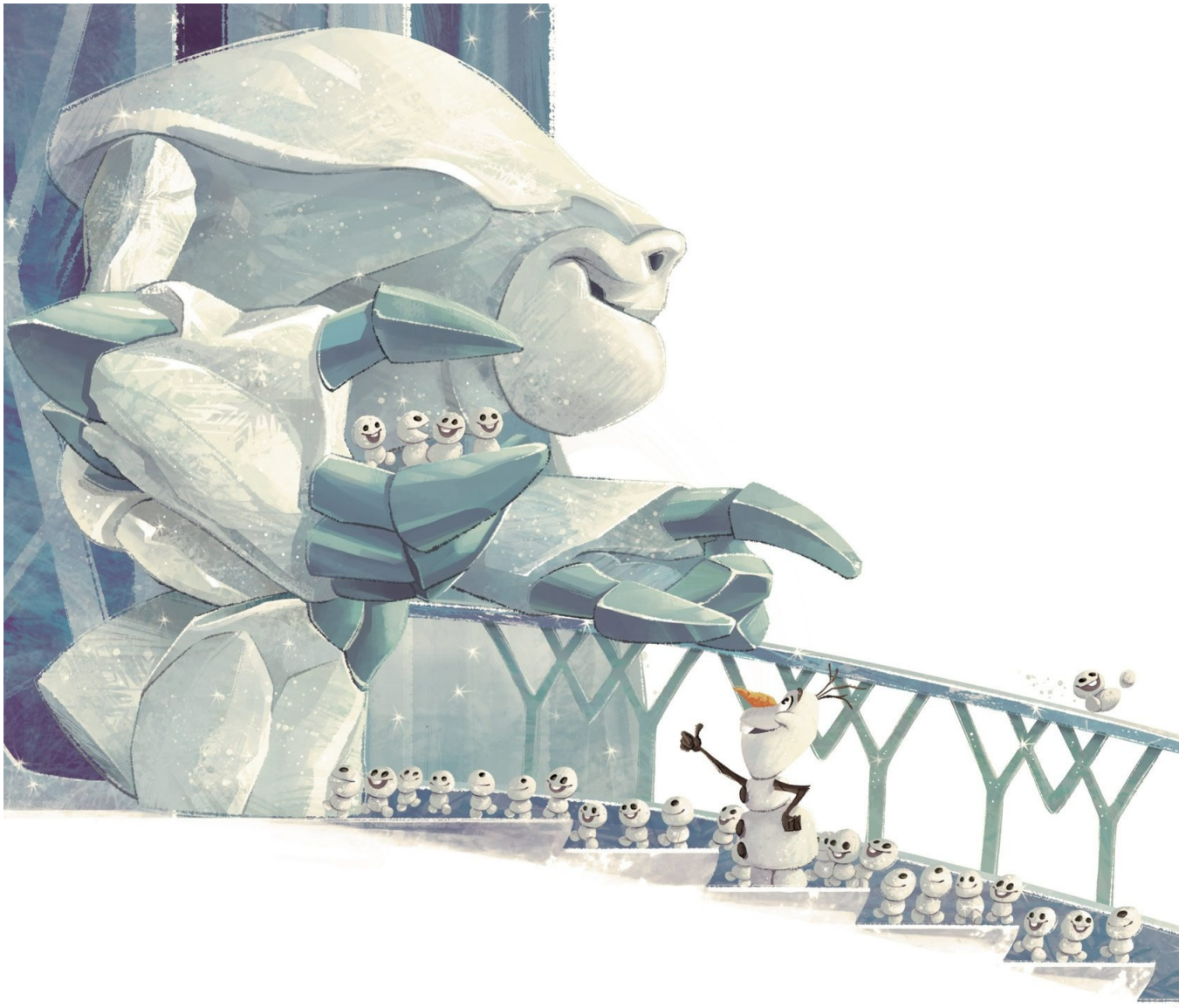
"When he tried to **kiss my nose**, I felt **giggly and happy**," said Olaf.

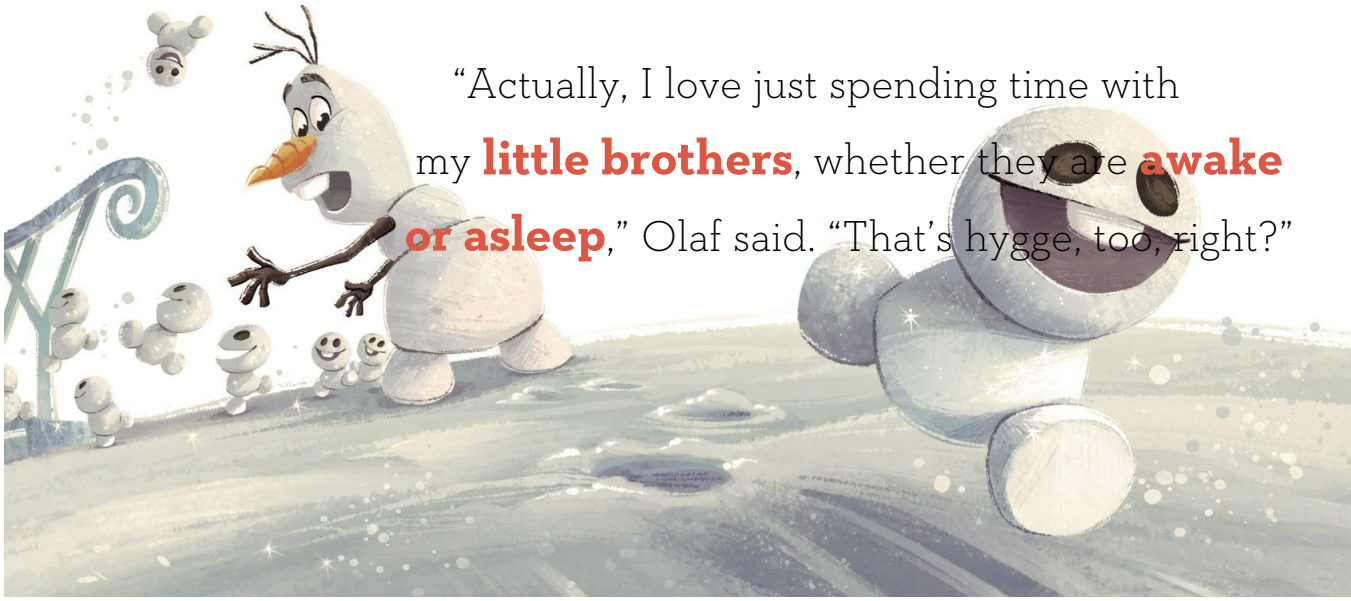
"That's hygge!" said Kristoff.

"I get the best **hyggeligt feeling** when Marshmallow hugs me. Do you think that's why I love **warm hugs** so m Olaf asked.

"I wouldn't be surprised if that was **one of the reaso** Anna said.

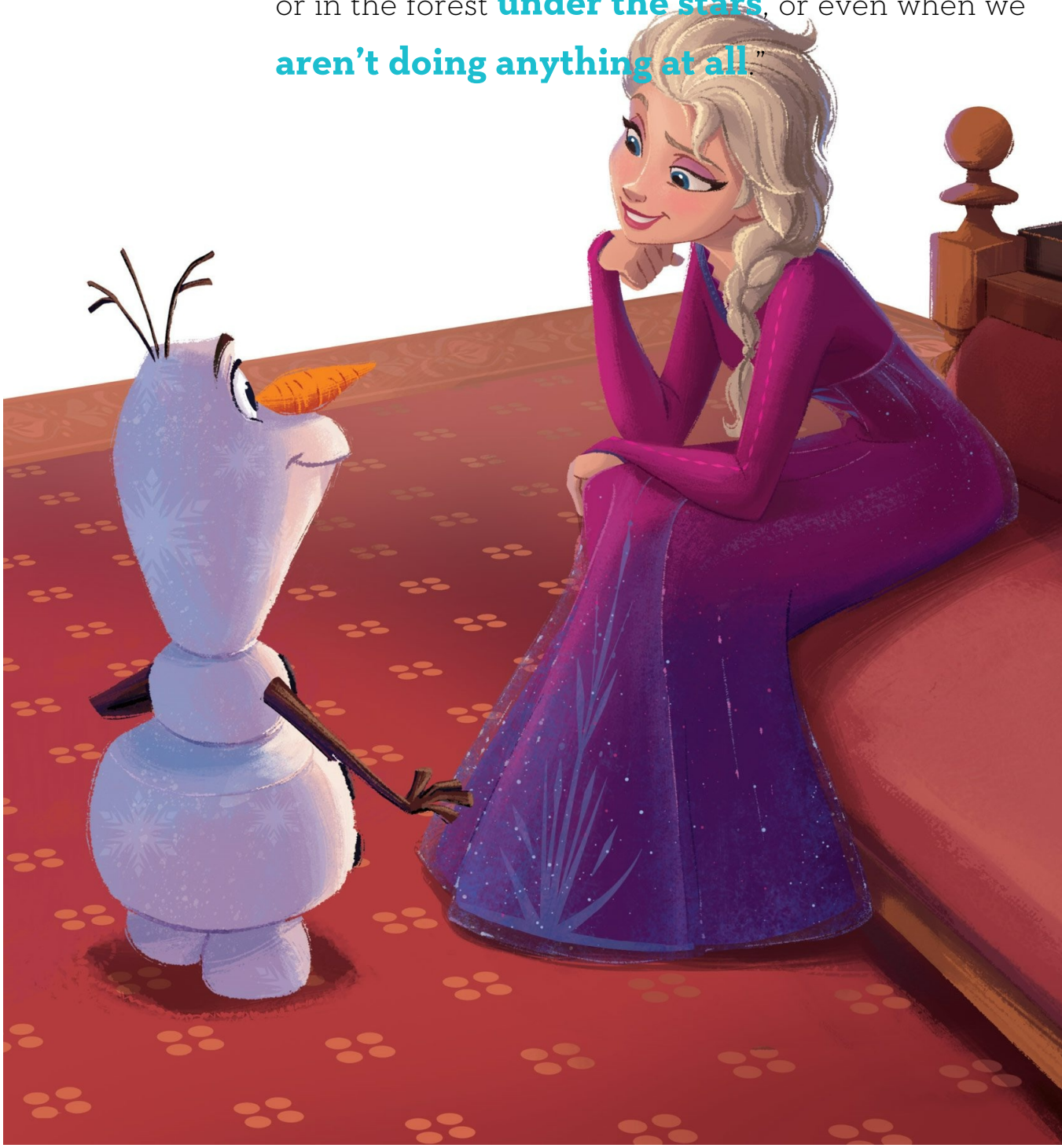






"Actually, I love just spending time with my **little brothers**, whether they are **awake or asleep**," Olaf said. "That's hygge, too, right?"

"It sure is!" Elsa said. "Just like I love being with a
of you whether we are in the castle **in front of a fire**
or in the forest **under the stars**, or even when we
aren't doing anything at all."



"We've shared hyggeligt moments **playing games** and **eating snacks**."

"Can hygge also be the feeling you get when you **dr**
pictures of your family?
"Absolutely!" Anna sai

"How about **reading books to children** during story time at the library? That must be hygge!" said Olaf.

"Can it also be **cake**, and **a picnic**, and **candles**, **honey**, and **flowers**, and **hot chocolate**?" Olaf ask

“It is for me!” Elsa said with a laugh.

“And for me, too!” Anna agreed.

"I've always loved **summer days**," said Olaf. "B

I think there's **something else** that I love even mo

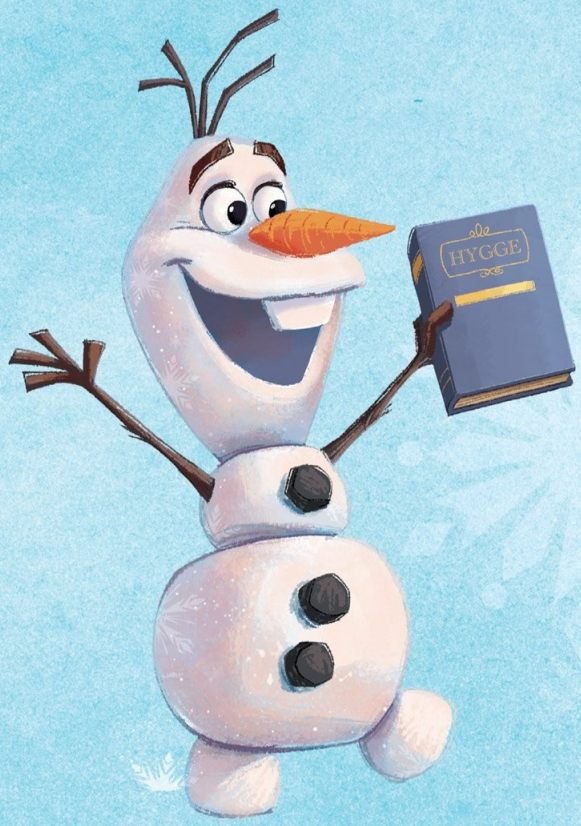
"Let me guess," said Anna. **"C**

HYGGE

"HYGGE!" everyone exclaimed together.

"And for me, hygge means **spending time with al**

of you . . . my best friends . . . my family," Olaf sa



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